

WINTER 1988

THE MONROE INSTITUTE BULLETIN

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JOY TO THE WORLD

The Institute--that is, our microcosm here in Faber, Virginia -- wishes you -- our macrocosm the world over -- a joyous holiday season and a magnificent new year!

QUARTERLY TAPE PLUS

As we welcome the new year, the Institute is pleased to offer a "hands-on" introduction to the recently developed H-PLUS program. H-PLUS (for HUMAN-PLUS) is a powerful training system designed to cumulatively enhance our abilities to gain and maintain total conscious control of our physical, mental and emotional functions. Unlike the Gateway programs, H-PLUS addresses issues of here and now -- it confronts the challenges being human. Each tape provides an opportunity to master one aspect of life.

This Quarter's tape to our membership is provided as a sample of the H-PLUS program. Side one contains the H-PLUS "PREP", a unique combination of Hemi-Sync signals which establishes an "access channel" through which the Function exercise may be inserted into your total self. To be effective, it is important that you use the PREP before the Function exercise. Eventually your access channel will automatically open with any new H-PLUS Function exercise without the use of the PREP tape, and use of the PREP tape will become unnecessary.

Side two contains a Function exercise

called "RESET". The purpose of RESET is to stimulate immediate reversal of low energy states that are reflected as depression and fatigue, into conditions of strength and well-being. Each Function exercise introduces its own "Function Command" which, when used in the course of daily activities, will activate the Function. The Function command for RESET is "Plus - Reset Reset". After you begin working with this tape, any time you wish to activate the RESET Function, take a deep breath, say to yourself, "Plus - Reset Reset" and exhale as if you are blowing out a candle.

The effects of H-PLUS are cumulative. The more you use the Function, the more proficient you become, and the more HUMAN-PLUS you will be. Practice is fundamental to your mastery of any H-PLUS Function because intermittent and non-committal use will dilute its potential.

When listening to this tape be sure to use stereo headphones in a comfortable, darkened environment free from interruptions. This sample tape is provided for your own, personal use. Once the Function is firmly in place we recommend you pass the tape and instructions along to someone who desires and needs it.

Your comments and suggestions are appreciated. For more information contact TMI.

TRAINER'S PERSPECTIVE

In this column, Gateway Voyage Trainers answer frequently asked questions concerning Hemi-Sync tapes and the VOYAGE itself. If you have any questions you would like to have answered, please send them to Trainer's Perspective c/o TMI.

Q: During a tape exercise, I often find distracting thoughts intruding. What should I do?

A: There are several approaches. First of all, you can always return to your Energy Conversion Box at any point in an exercise and place distracting thoughts in it. You might also want to consider examining those thoughts and see why they are coming up... they might just have some information for or about you. After all, one of the goals of doing the tapes is self-discovery.

Q: I keep experiencing a pain (ache, discomfort, etc.) during the tapes. What's going on?

A: That's not easy for someone else to discern. It could simply be physical discomfort. You might try experimenting with different positions (sitting up, putting a pillow under your knees, etc.) and/or gently stretching before and after a tape exercise. Another possibility is that as you're learning to perceive, move, and control non-physical energy. The energy may be hitting a block of some sort that is experienced through the physical senses as discomfort. Go to the source of discomfort and note what you perceive... give it a voice and get into conversation with it... move energy into it and through it... use your Energy Bar Tool on it... ask it for complete and total relaxation... visualize the area as whole and healthy (physically and non-physically)... apply different colors or sounds to the region...

experiment!

Q: How is GUIDELINES different from the GATEWAY VOYAGE?

A: In GATEWAY, you're learning, in an experiential way, tools and techniques that can form a strong foundation for your own self-empowerment and continuing growth. In GUIDELINES, using the tools of GATEWAY, there is emphasis on learning to verbally report from expanded states of awareness and getting in touch with personal, inner guidance.

GO KUDOS

Audio wave forms have long been known to have powerful effects on human behavior. The Hemi-Sync process makes use of this phenomenon through the intervention of contemporary technology.

Allessyn Moore, this Winter's GO Trainer of the Quarter is as adept at evoking the power of ancient sound techniques as she is in her utilization of Hemi-Sync. Allessyn has trained over 40 people through the Excursion Workshop. She also offers workshops in Overtone Chanting, and in Sound Meditation including the use of Tibetan Singing bowls, Tibetan cymbals and the Balinese Gamelen, a chime instrument.

A veteran of the theater, Allessyn received a BSS in Theatre from Northwestern University and has since then acted, stage managed, directed and taught acting in New York City, her adopted home town. Needless to say, she is comfortable and effective as a presenter, a skill she uses in demonstrating Hemi-Sync at Michael Hutchison's Megabrain workshops (see *BREAKTHROUGH*, Winter, 1988) when he offers them in the Big Apple.

The population of New York City

notwithstanding, Allessyn has provided hundreds of people the opportunity to experience Hemi-Sync first hand. Her interest and expertise in Hemi-Sync and other consciousness enhancing tools springs from her intense commitment to human growth and development. Her years of experience have strengthened that commitment and honed to a fine edge her ability to enliven and affirm those she touches.

We are fortunate to have you as a Trainer in the Gateway Outreach program, Allessyn. Congratulations on being this quarter's GO Trainer!

R.A.M. BIO

Bayard (Bay) Stockton, who has gone through GATEWAY VOYAGE, GUIDELINES, and H-PLUS, is currently compiling material for an authorized biography of Bob Monroe.

He needs any kind of anecdotal material you can provide. Specifically: What initially drew you to TMI? Recollections of your own first experiences of the Institute and of Bob at a program. Your memories of the courses you have taken and the sharing. Highs and lows. Joys and freedoms. Physical surroundings, meals, games, group enthusiasms. The jokes and the laughter, as well as the tears. The problems of re-entry into "the real world."

Just as important: What role your TMI experience plays in your life now? Have you been able to integrate what you learned? How long did it take? Examples, please. Or, if you have been unable to proceed, why? What could be improved which would make practical application of what you learned easier?

Anonymity will, of course, be respected if requested, but please include your name and address when replying.

Bay needs any material you can provide (a tape cassette would be fine, if you want to save on writing time) as soon as possible, but no later than February 1, 1988.

Address: Bayard Stockton/Box
886/Summerland, CA 93067/(805) 969-9228.

FEEDBACK

LIVING IN SYNC

The following comments are excerpted from a letter from Virginia Patterson, who has worked with the GATEWAY EXPERIENCE tapes at home and attended a GATEWAY VOYAGE in March, 1987. We at TMI feel Virginia's letter is a good demonstration of the sometimes subtle, and sometimes not-so-subtle ways that working with Hemi-Sync can positively affect one's life.

"I work for a very large corporation and have always been very satisfied with my work. However, in the last two years, I began to wonder if there wasn't something more I could be doing with my life...

Our company (began) a major reorganization about the same time I received my first album of GATEWAY EXPERIENCE tapes... The reorganization had a tremendous negative impact on me. When I started listening to the tapes and was asked to put things in the energy conversion box... boy, did I have things to put in there... Over time, I began to examine where my feelings were coming from and by using "One Month Patterning", I overcame those feelings... once again I enjoy my

work... I see now that the reorganization was a blessing in disguise. It allowed me the opportunity to look for another, more fulfilling career.

My new career will be in the promotion of the philosophy and methods taught by organizations like TMI. The reason I was taken with TMI was that it fit so well with my innate feelings and beliefs. But I had much to learn. Since beginning the program I have had many coincidences(?) happen to me. But more and more, these are turning into more concrete examples of the power of what can be achieved from believing in the possibilities of '...individuals whose knowledge and understanding are equal to or greater than our own.'

[For example], I was asked to a meeting [and later] found that I was to speak at the meeting... I prepared 10 minutes of remarks. Next, I found they had reserved 45 minutes on the program for my presentation! It was getting more serious, but I still didn't panic. I decided I would work on it on Monday [the meeting was Wednesday]. Late Friday I heard, quite by accident (or was it?), that I was the Keynote speaker!! Oh dear, now I did have to work on this presentation. But I didn't worry about it -- it was the weekend and I don't like to think about work on the weekend.

Saturday morning, I woke up a 6 AM very tired and wanting to go back to sleep, but I couldn't because my mind was very busy... On the one hand, I wanted to go back to sleep, but whatever was going in the other side of my mind was preventing me from doing this. I started to try to 'push' these thoughts out of my mind, but they were very strong and I couldn't... I realized [these thoughts] were my Keynote presentation. I picked up some paper on the side of

my bed and began taking notes. But the thoughts were coming so rapidly that I finally got up and turned on my PC and entered the information. When it was completed, I went back to bed without really looking at the notes.

Later, I read the presentation and it was wonderful. It fit very well with the 10 minute 'intro' I had previously prepared. It spoke to the importance of goal setting and how to write and use affirmations. It was a talk that I could use in a business environment and yet it extended the message to one's other lives as well, such as community, family, personal, etc.

That might have been the end of the story, but more was to happen. On Monday, I came down with strep throat... Wednesday, I wasn't feeling good at all -- in fact, if I hadn't had the presentation, I probably would have stayed home...

Upon completion [of the presentation] I got very good feedback. I even heard that for those who were aware, there were metaphysical undertones.

The interesting thing about this presentation is that I am usually very aware of my talk and how well I do. In this particular case, it was like I wasn't there. I had no idea how well I had done. For that matter, perhaps, I hadn't done it at all. I believe the author of the presentation delivered it himself.

I will continue to use the methods of TMI and look forward to my next encounter -- either at GUIDELINES or GO....Thanks again."

— LISTENING PLEASURE —

Our friend Harry Shay shared this information with us, and we pass it along to those who have an interest

in New Age music.

Many PBS radio stations carry a syndicated New Age music program entitled "Music from Hearts of Space." The Listeners' Information Package costs \$5.50 and includes a one-year subscription to their catalogue/newsletter that lists and reviews various tapes.

The address is: Hearts of Space/P.O. Box 31321/San Francisco, CA 94131. Harry suggests you include the call letters of your local PBS station and state whether or not they carry the program.

REACHING OUT

The Gateway Outreach (GO) program is a network of accredited GO Trainers throughout the United States and other parts of the world, who offer 2-day Hemi-Sync workshops called Excursions. The Excursion allows participants to experience levels of consciousness through Focus 12 - the expanded state of awareness. Combining taped exercises, group discussion, workbook exercises and short lectures, the Excursion provides an opportunity to become familiar with the Hemi-Sync technology and to build a repertoire of tools and techniques which can be integrated into one's daily activities.

The following Excursion Workshops are scheduled for the next few months:

Chicago, IL area
February
April
contact Kathy Russay-Slavin
312/377-5788

Dallas, TX area
January 23-24
April 2-3
May 14-15
contact Janet Stallo

817/387-0452

Memphis, TN area
January 23-24
February 27-28
March 26-27
contact Carolyn Sullivan
901/346-0514

For more information on GO Trainers in your area, or about becoming a GO Trainer, contact Leslie France at the Institute.

BOOK BAG

Two of our most popular books -- *Far Journeys*, by Robert A. Monroe and *Megabrain: New Tools and Techniques for Brain Growth and Mind Expansion*, by Michael Hutchison -- are now available in paperback.

The prices for the softcover editions of these books are:

Far Journeys - \$9.95 (plus shipping)
Megabrain - \$4.95 (plus shipping)

REFLECTIONS

Astral Travel Agency
by
Connie Stafford

A resident of Cincinnati, Ohio, Connie is a graduate of the Gateway Voyage, a member of the Professional Division and a Trainer with the Gateway Outreach program.

I finally discovered the meaning of life,
Or at least the value of enterprise.
I'm going to open an Astral Travel Agency,
Won't that be a surprise?

Seven countries in seven hours,
That is what we'll claim,
It will only cost seven hundred,
You won't come back the same.

The least that we will offer you,
Is exotic places and distant shores,
We teach you how to navigate,
And even walk through doors.

Go to distant galaxies,
For insight, vision, and facts,
For a stipend of seven hundred,
Plus state and federal tax.

We even offer travelers' insurance,
For those who fear the worst,
And silver cords for door prizes,
To the fifty who are first.

You don't need to pack you bags,
Or even be well dressed,
Apparel is casual on the astral plane,
Will that be Visa or American
Express?

So come on in and learn the tricks,
Full time or as a hobby,
We guarantee a splendid journey,
When you try an Out-of-Body.

LIFE LINES

S. Bladd

Food For Thought

If your slice of life
no longer fills the
hunger in your heart,
remember life's a
full course meal,
why live it ala carte?



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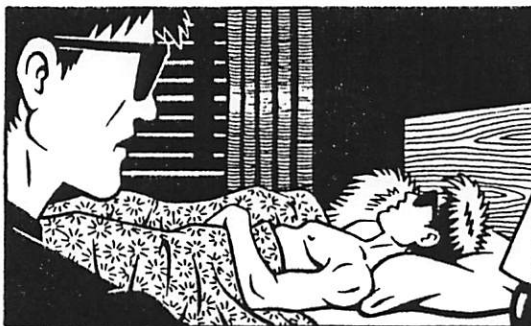
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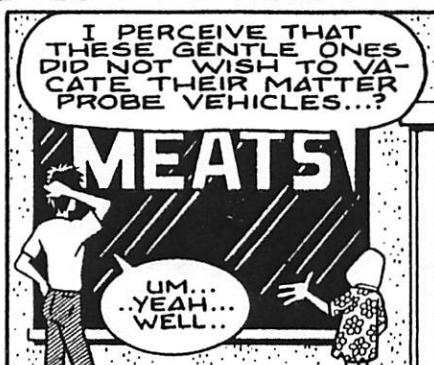
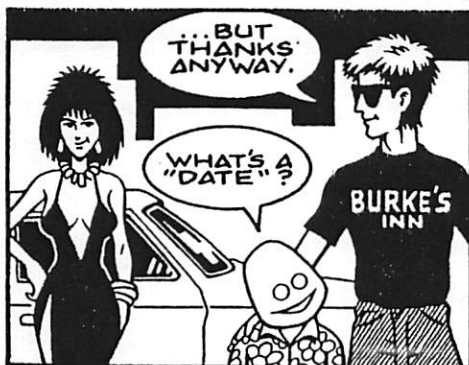
YO, BIG BOY!

HEY, BUDDY... HOW ARE YOU? HOW'S THE NEW DUTY-STATION? THINGS HAVE BEEN A BIT CRAZY HERE WITH NON... THAT'S FOR SURE!! REMEMBER WHEN YOU WERE BACK HERE ON LEAVE AND I TOLD YOU I WAS HAVING DREAMS ABOUT ALIENS WANTING ME TO HOOK-UP WITH NON AND HELP HIM OUT SOMEHOW? WELL... MY DREAMS HAVE GOTTEN EVEN WEIRDER WITH HIM AROUND!

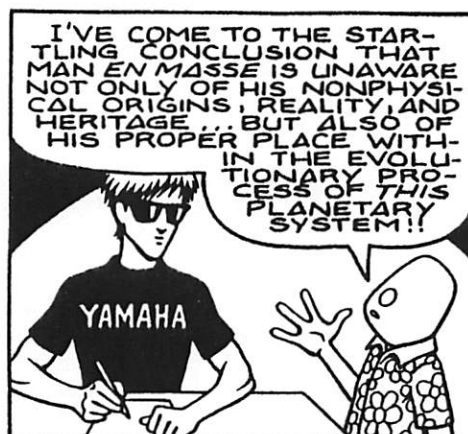
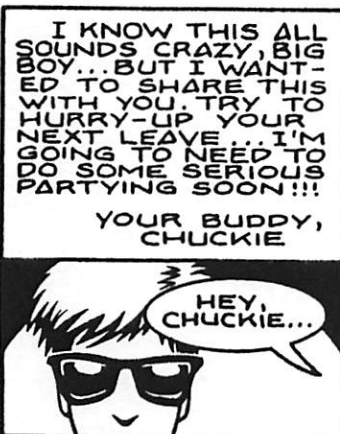
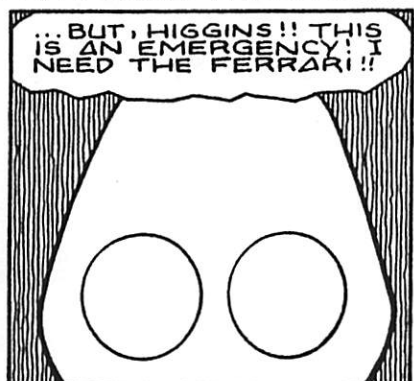
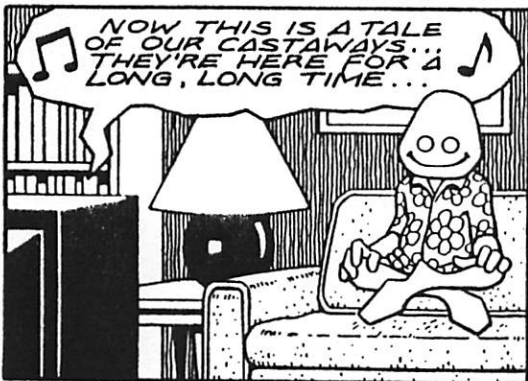
LIKE, JUST THE OTHER NIGHT... I DREAMT NON AND I HAD BEEN OUT SOMEWHERE AND WERE HEADING BACK TO MY PLACE. AFTER WE ENTERED THE APARTMENT I WENT TO THE BED-ROOM. I WAS STANDING IN THE DOORWAY AND I SAW MYSELF IN BED... SLEEPING!! THEN I WOKE UP! I FOUND NON OUT IN THE KITCHEN, MAKING COFFEE. IS THAT TOTALLY WILD, OR WHAT?



NON WANTS ME TO HELP HIM LEARN ABOUT LIFE ON EARTH... ABOUT BEING HUMAN. IT'S LIKE HE'S TRYING TO UNDERSTAND THE BOTTOM-LINE MOTIVATION BEHIND OUR BEHAVIOR AND EXPRESSION. BUT HE'S HAVING TROUBLE GRASPING IT. IT'S LIKE TOO ALIEN TO HIM. AND HELL... I'M NOT MUCH HELP. I DON'T UNDERSTAND IT MYSELF MOST OF THE TIME!



SINCE I NEED TIME TO FIGURE OUT HOW TO DEAL WITH THIS SITUATION, I TOLD NON THAT THE TV WAS A "HUMAN-EDUCATIONAL-LEARNING DEVICE". HAH!! I'D SAY HE'S BECOME A REGULAR COUCH-POTATOE, BUT HE HAS A TENDENCY TO HOVER ABOVE THE COUCH!



TO BE CONTINUED